

St. Michael's Parish Newsletter

A welcoming Eucharistic community, sharing Faith and reaching out to all...

***"There is a boy here who has five barley loaves and two fish.
But what are they among so many people." John 6: 9-10***



Friends, this Gospel passage was proclaimed on the last weekend of July and it has constantly been echoing in my mind.

Throughout human history people who have achieved greatness have been those who made a difference in the world. Names like Socrates, Columbus, Handel, Mother Teresa, John Paul and Francis are a few that stand out in my mind. They are all uniquely special to us. I ask you this question, "Who has made a difference in your life? Is it someone who valued and loved you when you thought no one did? Is it someone who dared to tell you the truth when no one else would? Is it someone who made it possible for you to do something when it seemed to be a hopeless dream?" All of us owe at least one great debt of gratitude to someone who has made a difference in our lives. It seems to me that the greatest compliment we can give to someone who has made a difference in our lives is to make a difference in someone else's life. The real tragedy is when we feel we are incapable of making a difference.

In the Gospel reading Jesus and his disciples are on the other side of the Sea of Galilee. A multitude of people had followed them because they had seen the power of God demonstrated through Jesus. Jesus was moved with compassion for the crowd because they were hungry. He asked Philip "How are we going to buy bread so they can eat?" Philip responds by saying "It is impossible." Andrew on the other hand sees a possibility when he notices a little boy who has five loaves and two fish. The little boy makes an offering of his little meal.

We all know the feelings of helplessness and hopelessness. Despite our faith in God there are times when we are overwhelmed. The little boy who had five loaves and two fish was willing to let Jesus have what he had because he trusted Jesus with his little meal. An incredible miracle took place.

My brother and sisters we are very much like the little boy. We have little but if only we could trust that our little can make a difference. I marvel at the people who are so generous with their gifts of time, talent and treasure in our Parish. I witness the people who give of themselves liturgically; the Eucharistic Ministers who bring communion to the shut-ins, the music ministries who give their voices, the readers who proclaim God's word. I sit in awe of those who give so that others are served - Hospitality North, St. Vincent de Paul, the Social Justice Committee, the Refugee Committee.



I am overwhelmed by the "Give to Grow Campaign." When many said it was an impossible dream to raise \$1,500,000, there was a group of people who had faith the size of a mustard seed, and they made a mountain move and we surpassed the goal. Also the men, women and children who gave financially because they believed in their Parish saw that "Foundations for the Future" was the goal.

We still have people, who like the little boy, give their small gift to the Lord and let him use it for his glory.

Fr. Murray Sample
Fr. Murray Sample
Pastor



Welcome Father Don Pumputis!

I want to take this time to thank you all personally for the warm welcome you have given to me here at St. Michael's parish. I would also like to thank Fr. Murray for his direction and leadership in helping me transition from the seminary to active parish ministry.

I come from a large family with five older sisters, and many times during my boyhood I never appreciated their advice. As I got older I realized there were words of wisdom from them at various stages for me (don't tell them that though). My mother taught me things that would be useful to me when I moved out, like laundry and sewing, and dad showed me how to budget and throw a football.

As a boy, I was intrigued by what my pastor was doing, but in my mind I had my life already mapped out. There was a secular career for me, and as Christ came knocking on the door, I retreated pretending not to hear, saying, "Not me, go to the next man." As I got older, these plans began to go south, so to speak, and I couldn't figure out what was occurring, so I grew angry and bitter and my soul became dark. For the next twenty years I was in what St. John of the Cross would refer to as a "Dark Night of the Soul."

I remember hearing of the Foreign Legion when I was a young man, and knew that I have a soldier's heart, so I made contact and soon travelled to France to enlist. I thought, in my darkness, that afterwards I would become a private contractor, a man of the world, and this is how my new life would be mapped out. Then, shortly into my training while lying in my bunk, an epiphany hit me that if I didn't opt out now and return, I wouldn't be able to. That part of me which I believed I could retain and bring out after the five or more years was completed would be lost along with my soul.

I returned to London and went to Western to begin my studies, and as I did, I received a call from an individual saying they had a job opportunity they felt I was perfect for. So off to the working world I went, buying a house, paying my taxes and other bills, but I was never truly happy.

I believed that I had buried the knocking at my door, but it grew more pronounced to the point that I was thinking

about the Church, Jesus Christ, and his priesthood during the course of the work day. I couldn't do this anymore, so I left work and came to my parents to tell them my plans, and heard that they had been praying for me



constantly in the evenings during the rosary. Dad even took me aside and explained that mom, before she went to bed, had prayed an extra rosary specifically for me her son. Who am I to deserve parents like this? They saw me suffering and never imposed on me, always watching and praying, trusting in God and his providential care, through the intercession of the Blessed Virgin Mary.

I began to turn toward Jesus Christ, a full 180 degrees from where I was previously headed, and the clouds and wool over my eyes began to lift, and the darkness in my soul began to flee as the light of Christ dawned. I saw through the lies that the Evil One had proposed to me, and I rejected him and them. The tempest that was my soul soon became peaceful and I entered formation at St. Peter's Seminary, and I was filled with interior joy as the Holy Spirit returned home to my heart after so long an absence.

Brothers and sisters, I can't express enough the importance of prayer, because through prayer I have been brought back. Pray every day and in doing so talk to our creator Father, Son, and Holy Spirit. Don't be disheartened if you don't receive solace right away, and remember the psalmist when he says, "*to God a thousand years are like a day*" (Psalm 90). Prayer is an endurance race and not a sprint. If what you pray for is according to His will, He will answer.

Again, thank you all for your welcome and I look forward to talking to you all and serving God as a servant leader to you, the people of God.

Your brother in Christ
Fr. Don Pumputis



Meet our new Pastoral Minister: Yana Adkinson



I know that our parish community has undergone a lot of changes and transitions in the past three years, especially with our pastoral team and our staff. Thank you for being so supportive and welcoming to all of the new members of the Pastoral Team and Staff, myself included!

I feel very privileged and blessed to be a part of such a vibrant and dynamic parish and to serve St. Michael's community as your Pastoral Minister. I am very much looking forward to getting to know you more and being able to support and coordinate the various ministries with our amazing volunteers.

I was asked to write a little bit about my role and my background. Many have already heard my introductory speech in May but for those who did not, here is a brief recap:

My responsibilities include, but are not limited to, coordinating and assisting in the Sacramental preparation of children, especially First Reconciliation and First Holy Communion. I will be visiting Grade 2 students in all four of our feeder schools as well as coordinating our Children's Ministries on Sundays (Babysitting, Sunday School and Liturgy of the Word for Grades 2-4).

I will be also facilitating and leading the RCIA process (Rite of Christian Initiation of Adults), coordinating Rite of Christian Initiation for Children and supporting the liturgical life of the parish.

I was born and raised in Kazakhstan (part of the former Soviet Union) and converted to Catholicism during the collapse of the Soviet Union, when I was a teenager. My bishop sent me to the Franciscan University of Steubenville's Language and Catechetical Institute in Austria, where I studied Theology and English. I was then

offered a scholarship to study at the Franciscan University of Steubenville campus in Ohio, where I met my husband, Mark.



After graduating with a degree in Theology and a Religious Education Concentration, I lived in the Washington, DC area for a number of years, teaching at a private elementary school. In 2008, my family and I moved to Canada and settled here in London, where my husband Mark was born and raised, as he was offered a position at the Diocesan Centre. Four years later, I became a Canadian citizen.

My husband Mark, our three children and I joined St. Michael's parish in 2010. I have been involved in a number of the Children's Ministries as well as the St. Michael's Moms group. My family and I have been delighted to belong to such a diverse parish with so many different ministries and dedicated volunteers who generously share their time and talents.

I humbly ask for your prayers and your support for myself and for all of the new members of St. Michael's Pastoral Team as we strive to serve this wonderful faith community. For it is only through the grace of God that we are able to do His work.

Please do not hesitate to contact me if you have any questions or to introduce yourself if I have not met you yet.

I can be reached at
519-433-6689 x203 or
yadkinson@dol.ca.





Quotes 24\7
visit www.may-mcconville.com

Tel: (519) 673-0880
Fax: (519) 645-8764



Marriage Preparation at St. Michael's

by Angela Townend



The Canon Law of the Catholic Church calls every diocese to prepare engaged couples for entering and living out the sacrament of marriage. Scripture reminds us that God is the true author of marriage and that man and woman were created to be together. This covenant between husband and wife is a sacrament supported by the church through marriage preparation.

Here at St. Michaels, marriage preparation has a history that reflects the dedication and faith of one couple, Bridget Ryan and David Markle, as well as a number of other very special facilitators and host couples. The following are the reflections of Bridget and David regarding their involvement in this very important ministry at our parish.

How did you become involved as marriage preparation facilitators?

Bridget and I completed our marriage preparation when it was organized by the Deanery. At that time, our host couple (small group facilitators) approached us to become involved. We started helping out with hospitality, then as a host couple and then as presenters. When the Diocese moved marriage preparation into the individual parishes

in the 1990s, we worked with Fr. Jim Mockler and three married couples to build our own weekend programme here at St. Mike's. We facilitated the weekend for 10 years. This past year, Fr. Murray asked us to facilitate the weekend once again and we were delighted to participate.

Are there any personal insights or beliefs about the sacrament of marriage you hope to impart to couples during this time?

The title of the marriage preparation weekend is Decision to Love. This reflects our belief that marriage is a lifelong covenant that is a choice each day. We fall in love but staying in love is a choice. The Catholic vows sum up the beliefs we have as married couples taking part in this weekend: "I promise to be true to you in good times and in bad, in sickness and in health. I will love you and honour you all the days of my life."

What are some of the topics that you explore?

We focus on the gifts of marriage – permanence, faithfulness, fruitfulness and healing. There is an emphasis on the importance of communication as it relates to different aspects of marriage such as finances, in-laws and friends. We have talks about resolving conflict, sexuality and intimacy, family planning, and faith and spirituality. The topics are presented within a Roman Catholic understanding of the sacrament of marriage but we recognize and respect that some of our engaged couples are in inter-faith relationships.

What can engaged couples expect in terms of how you organize the format?

The weekend consists of prayer and presentations by married couples and Fr. Murray. These presentations are used as springboards for individual discussions between each of the engaged couples and for small group discussions facilitated by host couples. We provide a reception and lunch and snacks throughout the weekend. On Sunday, we attend Mass as a group and finish our weekend with a prayer service.

What does it take to run the weekend?

It takes a lot of dedicated volunteers and terrific office staff! David and I coordinate the activities for the weekend, with the help of Doug, Pat and Jolanda. Father meets with each of the engaged couples before the weekend. Sid sets up the hall for us. Judy and Howie



DONOHUE FUNERAL HOME

Family owned and operated since 1930.
A tradition of care,
compassion and professionalism
helping facilitate those experiencing
the loss of a loved one.

362 Waterloo Street
London, ON N6B 2N6

519-434-2708

website: donohuefuneralhome.ca

Marriage Preparation continued



Wright are the hospitality coordinators responsible for buying, preparing and serving the food and refreshments throughout the weekend. There are people who greet and register the couples when they arrive. Married couples and Father Murray present talks throughout the weekend and host couples spend the weekend as facilitators for small groups of the engaged couples. David and I act as a host couple for the entire group, introducing speakers, and keeping the programme moving on time.

What have you found to be most enjoyable about spending time with engaged couples?

As married couples, we love to see the excitement of the engaged couples and their love and commitment to each other. The couples tell us that they enjoy having a break from wedding plans to just focus on their relationship. The energy is great fun and reinvigorates all of us to renew our own marriage vows.



Some research has indicated that couples who attend any kind of marriage preparation are less likely to divorce.

What factors do you believe may be responsible for this?

We spend a lot of time preparing for our weddings. Marriage preparation provides the time and space to

prepare for what happens after the wedding day. Couples hopefully see us as witnesses to the reality of marriage – the good times and the bad – and see that it is possible to choose to have a lifelong covenant with one person.

We think, as well, that having time for the engaged couples to discuss the skills and approaches that they want to use in their marriage – things such as how to fight fairly and to communicate lovingly – is very valuable.

Marriage Preparation Team 2015

Priest:

✝ Fr. Murray Sample

Coordination and Hospitality:

- ❖ Bridget Ryan and David Markle
- ❖ Judy and Howie Wright
- ❖ Emma Markle and Stephanie Barbon

Host Couples:

- ❖ Sarah and Steve Crawford
- ❖ Mary Margaret and Doug Denomme
- ❖ Karen and Felipe Elias
- ❖ Gerarda Smith-Hillier and Lorne Hillier

Presenters:

- ❖ Karen and Felipe Elias
- ❖ Katrina and Frank Maas
- ❖ Jim and Denise Mignault
- ❖ Sue and Aaron Pellerin
- ❖ Teresa and Jeff Roszel
- ❖ Melissa and Scott Veenliet





Funeral Ministry

by Marilyn Morgan, Terry McBride & Louanne Henderson

Dear friends, May every mark of affection
And every sign of friendship
That you give to others
Be a sign of God's peace for you

At the end of every Catholic funeral Mass these words are said as our departed brother or sister is taken from the church and his or her loved ones also leave to begin the journey of mourning and healing.



At St. Michael's these words are brought to life by a dedicated group of parishioners who serve in our Funeral Ministry. These individuals give of their time and talent to serve the bereaved families by providing liturgical music at the Funeral Mass, by assisting the presiding priest, as adult altar servers, and by preparing a community luncheon following the service.

St. Michael's Parish celebrates an average of 40 funeral Masses every year and requests the assistance of adult men and women to serve and assist at these celebrations of life. Most of these Masses occur on weekday mornings, some in the afternoons, and the occasional few on Saturdays. In addition to the Funeral Mass itself, each occasion includes some Sacristan duties before and after the Mass. Each funeral requires a commitment of about 2 hours. Currently we have a contingent of about 12 male and female volunteer servers. Most of us, especially as we get older, regularly attend funerals.

This is usually part of the grieving process as people we love pass from our human existence to eternal life with our God. This ministry involves attending to the needs of others who are suffering the loss of a loved one that we often don't know personally. This is a way to be prayerfully loving and supportive of grieving parishioners in our church family and sharing in celebrating the life of each of the departed in a very special way. The eulogies and homilies are inspiring and the Mass is the highest form of prayer available to us for giving thanks and praise to God for our gift of life.

The Resurrection Choir consists of a group of about 20 volunteers, including an organist and singers, who generously volunteer their time to provide the gift of music at funerals. Liturgical music is selected by the family of the deceased, with the guidance of parish staff, or is suggested by the choir's organist. The music is always meaningful and beautiful and is delivered by a group of people who love to sing. Sometimes family members with musical talent contribute to the liturgy through voice or instrumentation. Special musical requests are often accommodated during Mass or afterwards. The choir is blessed by its opportunity to help the grieving families know that they are not alone in their time of sorrow.

As part of their Ministry, St. Michael's Catholic Women's League (CWL) has undertaken the responsibility of serving funeral luncheons in the parish. Although organized by CWL members, all parish volunteers are welcome to join this Ministry. It is not necessary to be a CWL member.

There are four captains who are called by the parish, on a rotating basis, when there is a request for a funeral luncheon. The captains in turn contact the volunteers. Presently, there is a list of 33 parishioners who may be called to see if they are available for the date requested. Depending on the number of people expected at the funeral, 3-5 ladies are needed for the preparation of the



food. This group puts together trays of cold cuts, buns, vegetables, cheese, pickles, fruits and desserts, and egg salad sandwiches. They set up the hall with tablecloths, flowers, plates, cups and saucers, tea, coffee and cold drinks. Preparation time takes between 3-4 hours. The captain purchases all the food items and flowers for the tables the day before the luncheon. Once the luncheon begins, this first shift of volunteers leaves and a clean-up group of 3-4 ladies arrive. Their shift may last three hours.

The Funeral Ministry at St. Michael's is vibrant and appreciated. The members are humbly blessed through their service. Hopefully, you can hear this call to humble service and will consider volunteering for this ministry.

"Here I am Lord. Is it I, Lord? I come to do your will."

Our Give to Grow Campaign: A final update

by Mike Whelan



Foundations for Our Future

Since our report in April, much has taken place and our foundations at St. Michael's Parish have been strengthened in so many ways. Our goal of raising over \$1,500,000 was reached in July. Your prayers, your financial support and your hard work have all paid off!



Most importantly, our parish community has been strengthened by us working together. We worked for our Lord, to love and support our church, to help it grow and flourish for another hundred years. It seems like only yesterday that we started building a team of dedicated parishioners—dedicated apostles to take on the monumental task of raising \$1.5 Million. From our original twelve apostles, plans for the Give to Grow Campaign grew with input from all. We had many meetings and brainstorming sessions.



To start with, we had to agree on a campaign slogan that fit for our parish community at St. Michael's. Several ideas were proposed—Raise the Roof, We Have No Ceiling, Protecting our Roots, Secure the Future—until we set on Give to Grow ... Foundations for Our Future.

As we progressed through the planning stages, we realized that by giving our time, talent and treasures, we would all grow in so many ways—especially in our relationships with God and one another. Once our plan was set, the first mission was to build a larger team of apostles to go out and help with the necessary task of ASKING!

Before long, through many phone calls and arm twisting, we had a Campaign Ask Team of 40 women and men who agreed to take on our training sessions and commit to contacting and meeting with 15 or more parish families each. Without this dedicated group of 40 apostles and many, many prayers, our results would not have been so favourable—thank you to all of our volunteers.

And, a special thanks to Sue Hardy, our fellow parishioner who helped us build the training program that gave our members the tools and confidence they needed to do what most people do not want to do ... ask for financial support. With our training complete, our 40 apostles went out, two by two, to communicate to our parish community the needs for St. Michael's. We didn't just need a new roof—the boiler and heat/air conditioning systems needed to be completely replaced as well.



Through various methods of spreading the news, we tried to touch base with all of our parishioners, knowing it would take a dedicated effort to reach our goal. Letters, phone calls, home visits, more letters, emails, telephone messages, website and Facebook posts were all methods used to help us communicate the details of the campaign.

And the contributions poured in, and continue to do so. More than 500 families have donated. Fr. Murray and our team are awed at the participation and faith of our community.

Our new copper roof is almost finished and it will shine a light through the whole north end of our city. How exciting to know that we will have a roof, and the necessary systems in place, to endure a very, very long time...just as our Catholic faith has endured so many struggles and battles over the past 2000 years.



Again, thank you all so very much.
God Bless.



Rite of Christian Initiation of Adults

by Helen Green

Comments from RCIA and RCIC candidates



"I noticed that after I attend these classes, I feel better about myself, and when I pray, I feel that there is more meaning. I feel like I am heading in the right direction."

"I had some doubts along the way. I wondered if Jesus is actually always with us because sometimes when I feel sad, it seems like He is not helping me. I was also confused about the Holy Trinity and how they are '3 persons'." (RCIC)

"I started to pray more, like at night I never prayed, but now I do." (RCIC)

"My mom and I talked about Jesus and I wanted to have a better understanding about God and what it was all about, and I was interested in learning more about the faith. My family encouraged me to continue with the process of becoming Catholic. I noticed that I have a lot of self-confidence because I know God is always with me! I have a lot of courage now as well. I now know I am close to God and He is always with me." (RCIC)

"My sponsor/friend introduced me to the Catholic faith as we became acquainted through school. They say that people are introduced to the faith through reason, beauty or kindness. For me, this friend shows so much compassion and humility every day and has truly allowed me to see the power of God and what it means to follow a moral life through Christ. Her glowing, free-spirited attitude allowed me to desire a relationship with God, and her encouragement helped me to reach out actively to learn more about the Catholic faith."

"What encouraged me to continue on this faith journey are the people and conversations that crossed my path

after actively seeking God. I think when someone opens up to God, He will send all sorts of wonderful people and beautiful discussions your way. All these things make me less wary in this spiritual journey and give me the confidence that God is here in every step of the way, guiding me to Him through different experiences, be it kindness or hardship."

"Following in the steps of Jesus has made me a more compassionate person, more introspective and less brazen. However, I still feel confused often, but I think that will forever be a part of the lifelong search towards a deeper, stronger faith." (RCIA)

"Joining the RCIA process was for myself and my children. I felt it was important for them to grow up with religion and faith. I was baptized as a baby but was not dedicated to religion growing up, so I was unable to provide them with what I felt they needed. My children completed the RCIC process and now attend Catholic school and love it. I joined the RCIA process and now have an understanding of the Catholic religion and we can now talk together about what they have learned at school. What a nice feeling!! The changes I noticed in myself throughout the process is that I now pray anytime and anywhere when I need to talk. I used to think praying was just for bedtime!" (RCIA)

"The factors that prompted my decision to become Catholic were that I have always believed that God is important in my life and I wanted to develop further my knowledge about God and to become a better Christian. I have attended Catholic church many times and saw the special deep connection that the Church members had with each other and the sense of community they shared."

"I feel so connected to God in a way I have never felt before. I feel that God can guide me to be the best person I can be. I really feel that He will forgive my sins and that He loves me no matter what! God does not judge me and will guide me to solve problems, and I can rely on Him above all others to show me the way I really feel excited about this journey and where it has taken me. I look forward to the future and my new relationship with God." (RCIA)

"When I first heard about this process, it reminded me of what I learned from my Catholic primary school in Hong Kong. I have met so many people who are Catholic and Protestant who talked to me about Jesus Christ, and the Church but I didn't react at all. However, this time is different. I re-thought it deeply and noticed that this is a call from God and I agreed to come to the process."

Rite of Christian Initiation of Adults continued



“The process helps me to have a better understanding of the Catholic Church and my faith in God. I have learned about the Sacraments and understand the purpose and the reason why Catholics celebrate these Sacraments. I understand how Sacraments bring us to the Church to know God, to follow Him and become a good person.”

“During this transformation process, I noticed my thinking changed, even small things like the seasonal change. I feel God’s presence and see and feel things differently. In the old days, I thought that it was humans that do good things but I understand that it is God, the Holy Spirit. I became more aware of other people’s thinking and feelings. I also understand my sin, shortcomings, and weakness. I began to learn how to pray, how to speak to God. I really want to continue the change, to become a better person and follow God.”

“When I came to University, the shift was quite difficult for me to grasp, and I realized there was something missing in my life. Was it my parents, my home? After going home on multiple occasions I realized it was the lack of faith in my life. When my best friend’s grandmother passed away, those feelings I felt when my grandparents passed reappeared. Since she was Catholic, we started attending St. Michael’s so she would be able to find closure with God again. After visiting St. Michael’s I knew converting to Catholicism was the answer I had been looking for. The RCIA has been an inspirational journey on my pathway through life and has helped me develop not only on a spiritual level but as a person overall. Learning through other members of the group has enhanced my ability to live my life more effectively and the way God would want His children to live.”

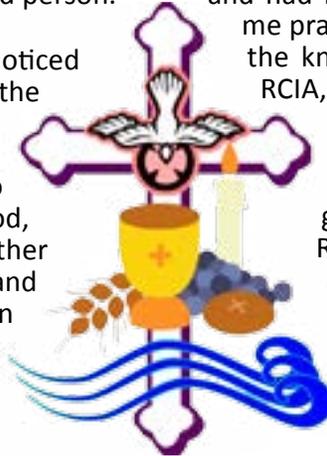
“Overall, I have been able to strengthen my relationship with God and the Church. This strength is what I believe will help fill the feelings of loss that I have felt. The biggest lesson I have taken from the RCIA is forgiveness. Through forgiveness I can live a happier life and knowing that God will be on my side no matter what, for God has forgiven so much, is inspirational. God works in mysterious ways and sometimes we don’t understand why He does the things He does. The RCIA and the Catholic Church have created an enlightened pathway to better understand God and the concept of life.” (RCIA)

“I understand the liturgical symbols in a new way (e.g., the Advent wreath

is more than a wreath, and the Easter candle is more than a candle). I have a greater understanding of the Sacraments and their role in a Christian’s faith. I now pray to the saints, requesting their intercession with God. I have never understood the saints’ role in prayer and had never asked for their help. I found it helps me pray but perhaps the most profound effect was the knowledge of Confirmation that I learned at RCIA, which gave me the courage to help some young people with their preparation for Confirmation. Not too long ago, I would never have agreed to do this. I am very grateful for the opportunity to participate in RCIA. It was certainly an inspiration for me and gave me a much clearer view of my own faith.” (Sponsor)

“The exhilarating joy and peace and love I experienced throughout the Easter services and especially so at the culminating Easter Vigil was more than enough to strengthen my faith and to convince me that my acronym for RCIA is “Reach for Christ Inside the core of All beings.” (Sponsor)

“My experience with RCIA has been overwhelmingly positive in the further development of my own spiritual growth. When Helen first approached me to participate as a Sponsor, I battled with accepting the invitation. I was too busy! Workwise, Wednesday was already the most committed night of my week---my work was my hindrance! But in spite of this, when I prayed about it, something deep within compelled me to accept. I remember Helen telling me that I didn’t have to come to ALL of the meetings; that if I could “BE there” for my candidate, it was all that was expected of me. I am pleased to say that I only missed one and a half meetings but what I have gained has been life changing!”





London Massage Therapy Centre

Serving London Over 27 Years
Therapeutic & Relaxation Massage
Insurance Claims, Chronic Pain

Why Choose Us?

- ☑ We Provide Effective Treatment for All Ages
- ☑ We Provide Direct Billing Options
- ☑ Open 7 Days Per Week - By Appointment
- ☑ Dedicated Staff of Experienced Registered Massage Therapists
- ☑ Gift Certificates
- ☑ Ample Free Parking in Paved Lot
- ☑ We Accept Most Debit and Credit Cards

Joanne E.M. Buchanan, B.A., R.M.T.
& Associates
www.londonrmtcentre.com



797 Adelaide St. N.
Just North of Oxford St.
519 **673-3007**



Youth Commission Fall Report

by Natalie Hleba

Grade 8 Festival:

An Extraordinary Celebration of Faith

On Wednesday May 13th, I hopped on a bus with 35 students from St. Mark School who were attending the second annual Grade 8 Festival in Sarnia. The day was a huge success with 900 grade 8 participants from all across the Diocese of London.



They played hard, prayed hard and learned that trying to drum in unison with hundreds of people is very much like being part of the Church; sometimes challenging, sometimes difficult, but often amazing and always worth the effort! Check out some of the feedback from our recent graduates from St. Mark.

What did you enjoy most about the Faith Festival in Sarnia?

- ✚ The activities because they were fun and they had something for everyone and they were tied in with teamwork, leadership and had our faith in it too!!!!
- ✚ The games we played and how we had to communicate and use teamwork
- ✚ Playing games and listening to the speeches
- ✚ The Drum Café where all 900 of us played a drum at

the same time in the high school gym

- ✚ The supportive and welcoming atmosphere and people
- ✚ The mouse trap game and the tug of war. I also enjoyed going to the Mass at a new church
- ✚ Hearing Terry Nelson-Johnson speak to us at St. Michael's before our Confirmation; he was very energetic and funny

What did you learn about your Catholic faith / your Confirmation that day?

- ✚ Confirmation can be both difficult and fun. It is hard to commit to God because of the challenges we have in our lives. It is fun that everyone shares their stories about Confirmation. Some are inspirational, humorous and interesting
- ✚ We need to keep renewing our faith by prayer and acting like Jesus wanted us to
- ✚ Confirmation is a really important part in your community
- ✚ If you stay positive, have faith and are kind, you can go far in life
- ✚ I won't be alone through the journey
- ✚ I want to be closer to God because He led me towards the new people that I met, and all of us came together for our faith
- ✚ Everything you do in your daily life relates to faith and you don't have to only go to Church to learn about faith
- ✚ When you get confirmed it is more than just one day. You have to live out your faith your whole life
- ✚ I can believe in a lot of people and me
- ✚ It is hard to take risks but you have to take bold risks
- ✚ One game made me learn about trust, and trust is a very big part of our Catholic faith
- ✚ It's my choice to change the world after Confirmation and that no one should force me to do anything

Youth Commission Fall Report continued



- † To have trust and believe in God. He is always there for us when we need Him
- † When you get confirmed, you are on a team and you have to show it

What did you learn about leadership that day?

- † Leadership comes with faith
- † Only one person cannot lead the group. Everyone must work together as leaders to complete tasks and achieve goals
- † Leadership can be a good thing when used right, and if everyone listens it goes by quicker
- † We need to have good relationships with people in order to be good leaders
- † If you want your team to succeed, you have to take control, have one mind and work as one
- † If I choose, I can take the lead, and I can also ask for help when needed
- † Teamwork can solve many things.

How did this day prepare you for high school?

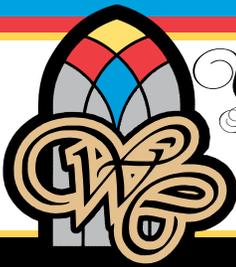
- † I learned that high school is not what we see in movies. This helped us prepare for high school by getting us together with a bunch of other Grade 8 students going to high school
- † They gave us good advice because they told us to join more clubs
- † When walking around the high school in Sarnia, we got lost, and the students there were really nice. It made me less worried about high school
- † Meeting other students outside of my school who were also feeling insecure about high school made me feel like I wasn't alone
- † This showed me that I should take risks to improve my high school experience
- † It helped me to feel less shy and realize that high school may feel scary but you're not on your own
- † The high school kids sharing about their high school experience

Would you recommend this day to the Grade 8 students next year? Why?

- † Yes, because it was fun and if you didn't like sports, there was a room where we played games!
- † I would recommend this day to the Grade 8 students next year because I had an amazing time there; it was fun but faith filled. I think it's perfect for students going to Grade 9
- † Yes, because it's very fun and engaging. It also gets you to meet people from different schools
- † Yes, because it prepares you for high school and it's really fun
- † I would recommend it because it was an amazing and fun experience and brought me closer to God and other students
- † Yes I would because it gives you a day to talk to people of your age, and overall you get to do fun activities
- † Yes because it was about faith, but it was more than that. It was fun and a great opportunity



For more information about the Grade 8 Festival and other diocesan youth ministry opportunities, go to www.dol.ca and search under "Family and Youth"



Westview Funeral Chapel
Paul R. Needham Funeral Homes Ltd.
CARING - RESPECT - DIGNITY
THE HALLMARKS OF WESTVIEW FUNERAL CHAPEL

709 WONDERLAND ROAD NORTH, LONDON, ONTARIO N6H 4L1
PH: (519) 641-1793 FAX: (519) 641-3166



KROWN
Protect. Maintain. Save.
DID YOU KNOW?
Only KROWN provides a product in the market today that does not contain any solvents and is non-toxic. THIS MAKES KROWN ENVIRONMENTALLY FRIENDLY!
Only KROWN can be effectively sprayed in ANY type of WEATHER and in ANY season.

www.krown.com
Book your next appointment at
565 Glasgow Street
519-432-3337
KROWN and not member's warranty





Dr. Terry Nelson-Johnson "Running the Paschal Mystery"

Every year during the season of Lent we are invited to spend some time nurturing our relationship with Christ through prayer, sacraments and scripture reading. At St. Michael's we often have the opportunity to come together for a few days of Parish Mission. This year we were privileged to welcome Dr. Terry Nelson-Johnson who led us through an examination of the three days of the Paschal Mystery in a unique, thought provoking and moving way.

Dr Terry is an author as well as the resident theologian and animator of faith at Old St. Patrick's Parish in Chicago. He specializes in narrative theology, which we experienced as he drew us into the Paschal Mystery through his storytelling. He began by inviting us into this experience at each of the Sunday masses and wowed us on the first evening of the mission by appearing in front of us with cheerleader pompoms. Dr. Terry invited us to visualize Jesus' walk to Calvary, laden with the heavy cross, and us as cheerleaders.

He suggested that we are cheerleaders who are happy to have Jesus do the work, on our behalf. But Dr. Terry stopped there and pointedly posed the question, "What if, instead of cheerleaders, we became participants in the Paschal Mystery? What if the Paschal Mystery is unfolding in each of our lives all the time?" This set the stage for Dr. Terry to help us understand how each of the days of the Triduum is working in our lives, sometimes all at once, each day.

Holy Thursday was our first stop in looking at the Triduum from a new perspective. We were invited to reflect upon our God as one who desperately wants to feed us. Dr. Terry asked to consider, firstly, all the ways in which we are fed each day. We thought of sunsets, children and grandchildren, spouses, daily walks or runs, satisfaction at work, and turned our thoughts to gratitude for all these ways in which God is continually blessing us. Next we were asked to consider ways in which we feel a need to be fed, perhaps due to worries about children or ill health, or transition times into retirement or concerns about our marriage or our faith.

Terry reminded us that God desires to feed us in all these troubled areas of our lives and we need only to ask for the food of His blessing. He explained that he prays the "Grace before meals" prayer throughout the day as

a thanksgiving for all life's blessing...Bless us O Lord and these thy gifts which we are about to receive...so much more than food. Holy Thursday ended with a ritual prayer in which all participated. A beautiful sculpture of Mary and Joseph feasting their eyes on the Lord Jesus was set before the assembly. All were invited to meditate upon this scene while coming forward to dip our hands into water as sign of drinking deeply of God's blessings.

The Good Friday reflection was powerful in its simplicity of hope. Once again a sculpture set the tone for the meditation...this time Mary enveloping and comforting a young Jesus. Dr. Terry reminded us that we all experience our own Good Fridays through the troubles of life and that every day we may encounter people who are living through a 'Good Friday' time. The sculpture of Mary and Jesus signified their abiding presence in our lives, as Terry gently repeated their words to us "It's ok, it's ok". We were invited to come forward and place our hands on the sculpture as a reminder that in our Good Fridays, we know that God is with us, and equally, that we are God's presence to others during their Good Friday experiences.

The third night of the journey was particularly interesting because Terry focussed on Holy Saturday, a time of waiting. Terry explained that following our Good Fridays, we all enter into a time of waiting: waiting for healing, for deliverance from pain, for renewed joy. This waiting time in our human lives may take weeks, months or even years. But, he reminded us that we wait in hope, for "Easter is coming". We must rest assured that an Easter rebirth can occur in our daily lives if we are open to God's possibilities. He reminded us that we should always be expectant in waiting for God's blessings.

The sculpture for this evening was a circle of figures, hands expectantly raised and open. Coincidentally the sculpture had also been broken and repaired at one time and became a powerful symbol

of how we are all "fractured but whole" when we call upon God to lead us through our Good Fridays, to wait

(continued on next page)



“Running the Paschal Mystery” continued



faithfully through our Holy Saturdays and to expect God’s Easter joy to fill our lives.

Dr. Terry was a joy filled leader, captivating us with heart-filled stories from his Ministry and his own family. He

animated the Easter story for us with reverence, passion and tangible examples. It was a privilege to welcome him to St. Michaels Parish. He left us with the reminder about our Baptism and what it means to live the Christian life. *I am* baptized, not *I was* baptized...a daily commitment.



Refugee Committee Report

by Sister Maria van Leeuwen & Lara Chaloner, Social Justice



We Are All God’s Children

A Karen family in St. Michael’s Parish, has been asking and hoping that their sister’s family, consisting of two parents and four children might be sponsored by St. Michael’s Parish. The family members here in London come regularly to St. Michael’s Church, and the children attend St. Michael’s Elementary and Catholic Central High School.

The children of the family to be sponsored have all been born in refugee camps. Within the refugee camps there is no schooling, very little medical help, and very little food: the rations have been cut to 8 kg of rice per person per month, some yellow beans and salt; NO milk, no vegetables, etc. The amount of food has been cut in half because there are so many refugees all over the world, and not enough finances are being offered by governments that can afford to help.

This family, which includes three girls and one boy, has lived in refugee camps for over 18 years. The boy is the youngest and is presently 4 ½ years old. The past for this family has been full of turmoil. The mother was shot in the hip at age 7. Eventually she fled as her house was burnt to the ground by government forces and many people were being killed. None of these Karen refugees has been allowed to return to their home in Burma/ Myanmar. In fact, fighting is still going on in Burma and there are mines everywhere. The refugee camp in which they are currently is in Thailand. Thailand wants to get rid of its refugee population, but where are they to go with no possibility of return?

To raise funds to sponsor this refugee family, we have hosted an annual Bridge and Euchre Elimination Tournament in the capable hands of Michael Whelan with fun, a great dinner, and prizes. Last fall, we also hosted a “Wine Tasting and Cheese Pairing” Evening with

a Silent Auction which was well received and supported.

This fall, we will be presenting a social with speakers: one from the diocese about the private refugee sponsorship process and one from the Cross Cultural Learner centre about the Burmese Karen culture. We also are looking for better ways to inform you of our progress and of how you can participate in helping this family. On February 20, 2016 we will host our annual euchre and bridge tournament and dinner.

We need your help! To date we have \$20,800 in the bank for the sponsorship, but we will need \$10,000 more to look after this family for one year. When the family arrives, our committee will need to help them financially throughout their first year, aid them with transportation, and connect them with health and education services that they will need. Just before the family arrives, we will ask for donated items. A list of required items will be posted.

The time to sponsor this family is becoming crucial not only due to the age of the children (the oldest child will turn 18 next June, and children over 18 are not allowed to be sponsored within the family unit) but because the conditions are deteriorating in the camp as global support has waned and global need has drastically increased. Medical support is very inadequate. The youngest girl has skin problems that are not being cleared up by the very limited treatment given in the camp.

Any financial help will be greatly appreciated by this refugee family. In addition to participating in any of our events, donations can be sent to the parish office with a note to have the funds directed to St Michael’s Refugee Fund.

Can we find it in our hearts to come up with the necessary funds to bring this family here?





“I Was Left Holding The Flowers”: A Poem

by Dorothy Solomon

Evangelization means to witness by living in a way that is consistent with the faith we proclaim. We may not consider ourselves evangelizers, yet because we are baptized into the life of Christ, we share in the role of being prophet – bearer of God’s Good News. In a unique way we are evangelizers in all the spaces we inhabit: at home, at school, in leisure, at our work, or when we are looking for meaningful employment. We live the gospel by our lives in our community involvement and in our private and communal prayer. We may grow disheartened when others outright reject our message and criticize us. We may become discouraged when family and friends abandon and even ridicule our Catholic faith practice. This is when we need all the more to cling to the most precious sacraments of our Church for strength, courage and support.

The sacraments call us to an unconditional and total commitment to Christ. A complete surrender to Jesus is required. The sacraments allow me to endure suffering. I am plagued with doubts about my own worth. I keep looking for approval from people around me and give in quickly to others’ opinions. I can begin to slowly recover and detach myself from this need for human affirmation and discover that it is in the relationship with the Lord that I find my true self. Wherever we live and wherever life has planted us, we share one common desire - to live life to the fullest and to better ourselves and the lives of our loved ones and the people in our community. When others see our lives as authentic experiences of truth and goodness, they yearn to come closer to us. In fact they are hungering for a richer, closer walk with Jesus, whom they see portrayed in us. We are simply journey guides pointing them to God. We are road signs, rest stops, listening hearts and helping hands to show them the way of faith. Here is a poem I wrote to illustrate this idea:

*Caitlyn is getting married today.
I’m her Maid of Honour.
They look so happy. You may kiss the bride.
Here would you hold my flowers?
The news came, Tom’s in hospital. An accident!
I’ll take a vase of flowers.
Tom has been transferred to Toronto.
I was left holding the flowers.
Did you hear the good news?
Rebecca and Joe had a baby boy.
I’ll take flowers and a baby gift.
They went home to Nova Scotia.
I was left holding the flowers.
Word has it Jim isn’t well.
I’ll take a casserole and a cheery plant.
Knock, knock, knock – sorry to have to tell you,
Jim passed peacefully in the night
I was left holding the flowers.
So my life went until I came to the pearly gates
St. Peter asks me,
“What have you done with your life on earth?”
I held a lot of flowers.
St. Peter smiled-
Did you rejoice with someone who got a promotion?
Did you visit someone in jail?
Did you honour your friend who was getting married?
Did you drop your own plans to go to hospital?
Did you acknowledge the parents of a new baby?
Did you attend a funeral for a co-worker?
St. Peter smiled again.
We have a special place for you.
He led me to the most exquisite flower garden.
I was left tending the flowers.*

*Congratulations, Cathie got a promotion.
Big party, are flowers appropriate?
My little bouquet looks so shabby compared to all the elaborate designs.
I was left holding the flowers.
Shawn’s back in jail, impaired, speeding, hit and run
He could use a visitor. What’s allowed?
Flowers are always welcome.
Sorry no visitors, it’s his court appearance.
I was left holding the flowers.*

We may not make headlines where our faith practice is concerned, but we are fulfilling the Lord’s command to love one another as he has loved us. Evangelization and the sacraments go hand in hand. We share the Good News and come back to the sacraments to be replenished over and over. We are desperately in need of our Catholic faith community to sustain us in our daily lives. From Pope Francis’ opening paragraph in his encyclical, “The Joy of the Gospel” we read, “The joy of the gospel fills the hearts and lives of all who encounter Jesus. Those who accept his offer of salvation are set free from sin, sorrow, inner emptiness and loneliness. With Christ, joy is constantly born anew.”

Parish Photos



Goodbye to Father Seejo, Natalie Hleba & Helen Green!



Our **Newsletter Team**: Carmen Gicante, Keith Rodrigues, Louanne Henderson, Angela Townend and Paul Tremblay.
Newsletter Design: Joanne Tremblay



**KNIGHTS
OF COLUMBUS**
"RIGHT ARM OF THE CHURCH"

Come join us. Please contact Bud Jardine: 519-433-8850

Dedication and Charity
offers
Hope and Support
to
the Less Fortunate

Knights of Columbus St. Michael's Parish

Parish Information

St. Michael's Parish, 511 Cheapside St., London, ON N5Y 3X5

Phone: 519-433-6689 • Fax: 519-433-2301

E-mail: stmichlon@dol.ca • www.stmichaels.dioceseoflondon.ca

Office Hours: Monday to Friday 8:30 a.m. to noon and 1:00 to 4:00 p.m.



Sunday Masses

Saturday: 5:00 p.m.

Sunday: 8:30 a.m., 10:30 a.m., 12:30 p.m.

Weekday Masses

Tuesday & Thursday: 12:00 noon

Wednesday & Friday: 8:00 a.m.

Saturday: 9:00 a.m.

African Caribbean Catholic Community Mass (St. Josephine Bakhita)

4th Sunday of each month at 2:30 p.m.

Sacrament of Reconciliation

Saturday: 9:30 – 10:30 a.m. and 4:00 – 4:30 p.m.

Free Bus Service to 10:30 a.m. Mass



The route . . .

9:50 a.m.

- 64 Wyndham
- Blackwater east of Adelaide - bus stop
- Grenfell just east of Blackwater
- Fanshawe/Trossacks - bus stop on corner
- 770 Fanshawe Park Rd east of Fremont - bus stop
- Fanshawe Park Road - west of Fremont
- Adelaide/Fanshawe - bus stop south of Fanshawe
- Kipps Lane/Adelaide - bus shelter just east of Adelaide
- Kipps Lane/Barker
- Kipps Lane - bus stop east of Barker
- Kipps Lane/Kenmore Place - bus stop
- 295 Briarhill
- Cheapside/Boullee
- Huron Street - bus stop east of Wedgewood Drive

10:15 a.m.

- Royal Oak Apartments - 3 stops go to St. Michael's Church

The bus will stop at regular bus stops or wherever it is hailed along the route.

Pastoral Team

Father Murray Sample, Pastor

msample@dol.ca

ext. 202

Father Don Pumputis, Parochial Vicar

dpumputis@dol.ca

ext. 306

Yana Adkinson, Pastoral Minister

yadkinson@dol.ca

ext. 203

Coordinator of Youth Ministry

@dol.ca

ext. 206

Staff

Doug Manners, Business Administrator

dmanners@dol.ca

ext. 205

Mary Egan, Receptionist/Office Assistant

stmichlon@dol.ca

ext. 201

Jolanda Squire, Secretary

jsquire@dol.ca

ext. 208

Sid Wocks, Hall Coordinator

swocks@dol.ca

ext. 210

Parish Council Chairperson

Gail Brown

Children's Ministries

Sunday: 10:30 a.m. Mass

Liturgy of the Word: Grades 2, 3 and 4

Sunday School: Aged 3 to Grade 1

Babysitting: Infants to age 3

Calendar of Events

Feast of St. Michael, after masses September 26 & 27

Thanksgiving Mass, 10:00 a.m. October 12

First Reconciliation Parent Meeting, 7:00 p.m.

October 13

Confirmation Parent & Candidate Meeting, 7-9 p.m.

November 3

All Day Confessions, 8:30 a.m.-7:30 p.m. December 9

Mass of Healing, 12:00 noon mass December 10